



# Light and Creamy Mushroom Pork Chops

## Ingredients

2 pork loin chops (about 1/4 lb each)  
1 cup mushrooms, sliced  
½ cup evaporated skim milk  
Salt and pepper

Serves 2

## Preparation

Heat a non-stick skillet over medium heat. Cook pork chops 7-8 minutes, turning occasionally until cooked throughout. Season with salt and pepper to taste. Transfer pork chops to a serving plate. Set aside. Cook mushrooms in same skillet over medium high heat for 5-7 minutes until mushrooms are cooked through. Add evaporated milk and return pork chops to skillet. Simmer 3-4 minutes. Remove from heat and serve.

Nutrition information per serving: 174 calories, 4.4 g fat, Saturated fat 2.8 g  
Carbohydrate 8.8 g, fiber .6 g, protein 23.7 g